



Physical Abilities Test

California Department of Corrections and Rehabilitation



Correctional Officer

Youth Correctional Officer

Youth Correctional Counselor

YOU CAN EARN MORE THAN \$73,000 A YEAR WEARING ONE OF OUR UNIFORMS

It has been called "The greatest entry level job in California" -- and for good reason. Along with the great salary, our Peace Officers earn a retirement package you just can't find in private industry. With 41 locations, we have opportunities in some of California's most majestic and affordable communities. So apply today, and discover why more men and women are proud to wear our uniform than any other law enforcement agency in the nation.

Call 1-866-232-JOBS or visit **JOINCDCR.com**



Peace Officers must be a U.S. Citizen (or applied); possess a HS Diploma/GED; be in good physical condition; and have no felony convictions. Must be at least 21 yrs old to apply; no age limit. Veterans receive hiring preference points.

GETTING TO KNOW THE P.A.T.

Before taking the PAT, you must undergo a risk assessment to ensure you are fit to proceed. The risk assessment includes height and weight measurement, blood pressure check, coronary risk assessment and an overall review of current health status.

If you pass the risk assessment, you will proceed with the PAT.

Due to the nature of the PAT, there is some risk of injury to individuals with existing medical conditions or those who may be in marginal physical condition. To verify whether a PAT medical approval is needed prior to your participation in the risk assessment and PAT, review the PAT Medical Approval Form (OPOS_08E) which can be found at www.joincdcr.com. If you check any of the boxes, please take the form to your physician for approval to participate in the PAT.

The test itself consists of five physically demanding performance tests designed to evaluate overall fitness to perform the specific functions of a Peace Officer. Using various pieces of exercise equipment, candidates must demonstrate:

Overall endurance

Grip strength

Trunk strength

Dynamic arm power

Dynamic leg power



You are given three opportunities to pass the PAT in 6 months. A passing score on the PAT is valid for one year and must be current at the time of appointment. All PAT tests are scored pass/fail and the same standards apply to all candidates.

Candidates who fail any one of the physical tests must redo all of the physical tests beginning with the PEDOL test and will be rescheduled for their next PAT attempt no sooner than six weeks from the most recent date they failed the PAT.



Preparing for the PAT

This brochure has been prepared to assist you with passing the Physical Abilities Test (PAT) and maintaining a level of health that will enable you to fulfill the job duties of the position you are attempting to secure. As a Peace Officer, an above average level of fitness is necessary for optimal job performance. We want to emphasize that exercise is a vital component for a healthy lifestyle. A well-rounded exercise program should include cardiovascular, strength, and flexibility activities. Remember to monitor your heart rate and listen to your body in order to exercise safely. You should always consult your physician or seek professional medical advice before beginning any exercise program.

Important Information About the PAT:

- The PATs are designed to simulate specific job duties of a Peace Officer.
- The tests are physically demanding and could cause injury to persons who are not physically fit or have medical conditions which limit their physical ability.
- The tests are administered in a non-medical environment by non-medical staff. Therefore, it is in your best interest to objectively evaluate your physical fitness status and to prepare yourself prior to participating in the Physical Abilities Test.



“The benefits are great and the advancement potential is unlimited”

- Youth Correctional Counselor M. Young-Ramirez



Dynamic Arm Test

The purpose of this test is to measure the anaerobic power of the arms in order to determine the candidate's ability to carry a stretcher containing a person weighing approximately 185 pounds 1/8 mile with the assistance of one other person and an additional 1/8 mile with the assistance of three other people. You need adequate strength in your abdominal (flexor) and lower back (extensor) muscles to pass these tests. Using your arms, you must be able to pedal a stationary bicycle 45 revolutions in one minute with a very challenging amount of resistance.

Dynamic Leg Test

The purpose of this test is to measure the anaerobic power of the legs in order to predict the candidate's ability to sprint 100 yards in 19 seconds or less. You must pedal a stationary bicycle 70 revolutions in one minute with a very challenging amount of resistance in order to pass this test.



The Greatest Entry Level Job In California

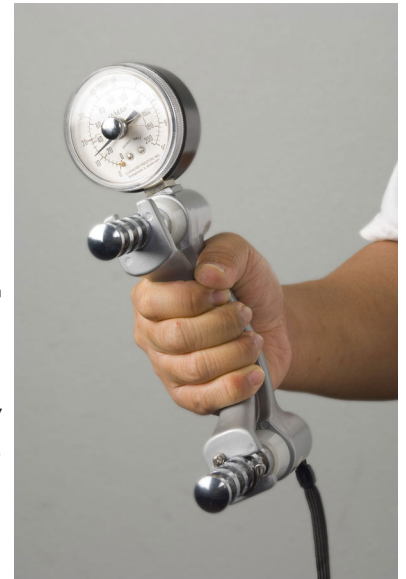


Physical Exertion Demand On Legs (PEDOL)

The purpose of this test is to determine the candidate's ability to complete a 500-yard run in two minutes and twenty seconds. This test is a measurement of an individual's cardiovascular fitness level, so it is essential that you do aerobic activities in order to successfully pass this test. Riding a stationary bicycle is the most effective type of activity you can do to prepare yourself for this test. You must pedal a stationary bicycle 56 to 70 revolutions per minute (RPM), with a very challenging amount of resistance, and complete 112 revolutions in two minutes in order to pass this test.

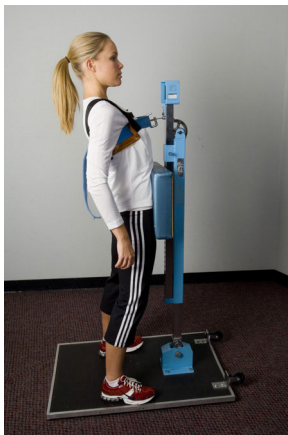
Grip Strength Test

The purpose of this test is to measure the strength of the muscles in the fingers, hand and forearm in order to determine the candidate's ability to pick up and carry a stretcher containing a person weighing approximately 185 pounds, with the assistance of one other person. You must be able to squeeze 34 kg (76 lbs.) with a hand grip testing device in order to pass this test. It is essential that you strengthen your finger flexors and surrounding hand and forearm muscles to be prepared for this test.



FACT:

CDCR has 33 adult institutions located in
26 cities across California



Trunk Strength Test

The purpose of this test is to measure abdominal and back strength in order to determine the candidate's ability to drag an unconscious person weighing approximately 165 pounds 20 feet in 20 seconds or less after running 500 yards. To carry a stretcher containing a person weighing approximately 185 pounds 1/8 mile with the assistance of one other person and an additional 1/8 mile with the assistance of three other people. You need adequate strength in your abdominal (flexor) and lower back (extensor) muscles to pass these tests.



Where Do You Fit In?

Leg Endurance

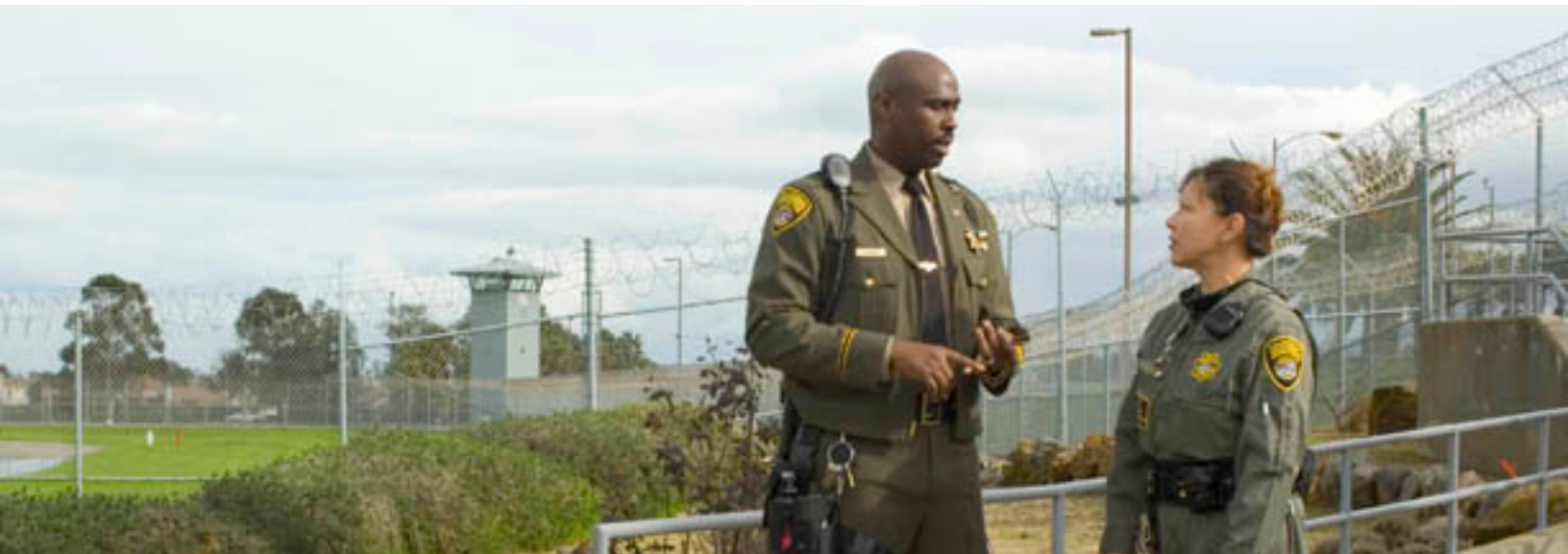
EXERCISE FOR LEG POWER

1. Run 100 yard sprints at a fast rate, walk 25 yards and repeat 100 yard sprints a minimum of 5 times with a walk (rest period) of 25 yards between them.
2. Bench stepping -- place a sturdy bench or chair against the wall. Step up and down at a rapid pace (step up with right foot, then left foot, back down with right, then left). Continue for 1 minute, rest 15 seconds and repeat 4 times.
3. Bicycling -- indoor (exercycle) or outdoor cycling. Ride your bike at a rapid pace. Maintain this pace for 2 minutes, then rest for 60 seconds and repeat 2 times.

Arm Endurance

EXERCISE FOR ARM POWER

1. Do a minimum of 10 push-ups without resting between each one. Relax 30 seconds and repeat two more times.
2. Sit on the floor behind an exercise bike, crank with your hands at a significantly difficult tension for two minutes. Reduce the tension and continue to pedal for one minute at slow speed. Reduce tension again and continue to pedal for one minute at a slow speed.
3. Swim by doing a continuous “free style” arm stroke without using your legs for 2 - 3 minutes. Rest one minute and repeat two more times.



“It’s a great feeling knowing I helped someone become a productive member of society” - Youth Correctional Counselor R. Jack

Trunk Strength

Exercise Suggestions

EXERCISE TO IMPROVE TRUNK STRENGTH

1. Crunches -- lie on your back with knees bent, hands across chest or behind head (only for support). With eyes on ceiling, raise head and shoulders using abdominal muscles only. Do 20 crunches 3 times per day. Note: Lower back should not come off the floor.
2. Alternating leg lifts--lie face down on a floor or carpeted surface with legs fully extended. Raise one leg at a time off the floor about 6 inches and hold for 10 seconds, return to floor and repeat exercise with the other leg; repeat 10 to 15 times twice daily.
3. Lay face down on the floor with hands loosely placed behind head or neck. Raise upper body to an arched position and hold for a count of 10 seconds. Return chest to floor, rest 15 seconds and repeat 2 more times.

Grip Strength

EXERCISE TO IMPROVE GRIP STRENGTH

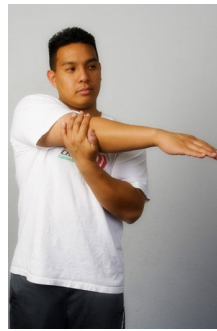
1. Squeeze a tennis ball or racquet ball -- hold for 15 seconds and repeat 8 to 10 times, twice daily.
2. Hold an 8-pound weight or a one gallon plastic jug filled with sand in each hand. Raise the weight by curling the wrist upward. Repeat 10 times, twice daily.
3. Involve yourself in racket sports 3 times per week (e.g., tennis or racquet ball).
4. Hang from a chin-up bar until fatigued. Repeat 8 - 10 times daily.



Begin Your Future Today!



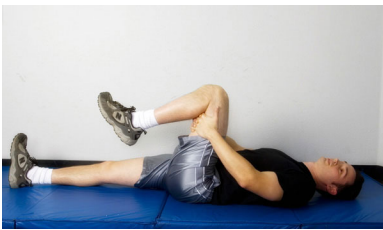
Standing Calf Stretch



Upper Back

Flexibility Exercises

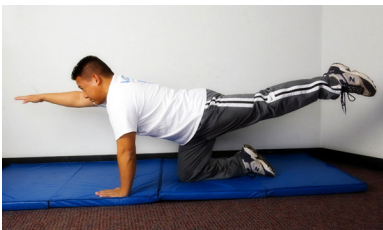
These stretching exercises should be done as a warm up to your regular workout. Proper stretching will improve flexibility and can help prevent injury.



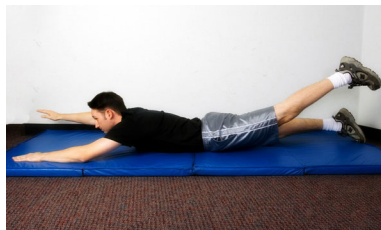
Supine Knee Flex



Side Quadriceps



Alternate Arm/Leg Extension



Prone Extension

The Warm-Up

The warm-up moderately stimulates the heart and lungs and progressively increases the blood flow and muscle temperature. A good warm-up will include flexibility exercises that stretch all major muscle groups in order to increase flexibility and prevent injury.

The Conditioning Period

The conditioning period of your exercise session should involve those exercises that stimulate and develop the cardiovascular system. The goal of the conditioning period is to keep your heart rate elevated to your training heart rate range.

The Cool-Down

The cool-down period is the tapering off period after completion of the conditioning period. It is best to accomplish your cool-down by continuing your activity but at a much lower intensity level. Walking is the most common means of gradually diminishing your intensity level.



FACT:

CDCR has 8 Youth Correctional Facilities
Located Throughout California.

Checking Your Pulse

You can measure your pulse rate anywhere an artery passes close to the skin, such as your wrist, neck, temple area, groin, behind the knee, or top of the foot. Most people use the wrist.

- Place your index and middle finger over the underside of your opposite wrist, below the base of the thumb. If it is hard to feel the pulse in your wrist, place your index and middle finger just to the side of your Adam's apple, in the soft hollow area at the side of your neck.
- With the flat part of your fingers rather than the tips, press firmly, but not so hard that you can't feel the pulse. If you are taking someone else's pulse, do not use your thumb or you will feel your own pulse along with the other person's.
- Count the number of beats for 30 seconds, then multiply that number by 2 to get the beats per minute. Or count the number of beats for 15 seconds, then multiply by 4 to get the beats per minute. If you are taking your pulse during exercise, you may count the beats for only 10 seconds and multiply by 6.

Target Heart Range Reserve Formula

The Target Heart Range Reserve Formula is designed to calculate a training heart rate range using your age predicted maximum heart rate and your resting heart rate. This method can be used as a tool to help you find a training intensity that is appropriate for you. You will use this training heart rate range to monitor your exercise intensity by checking your pulse rate during exercise. You want to exercise within your Target Heart Rate Reserve range.

Enter your resting heart rate: _____ bpm
(HR rest)

$$220 - \frac{\text{_____}}{(\text{age})} = \frac{\text{_____}}{(\text{HR max})}$$

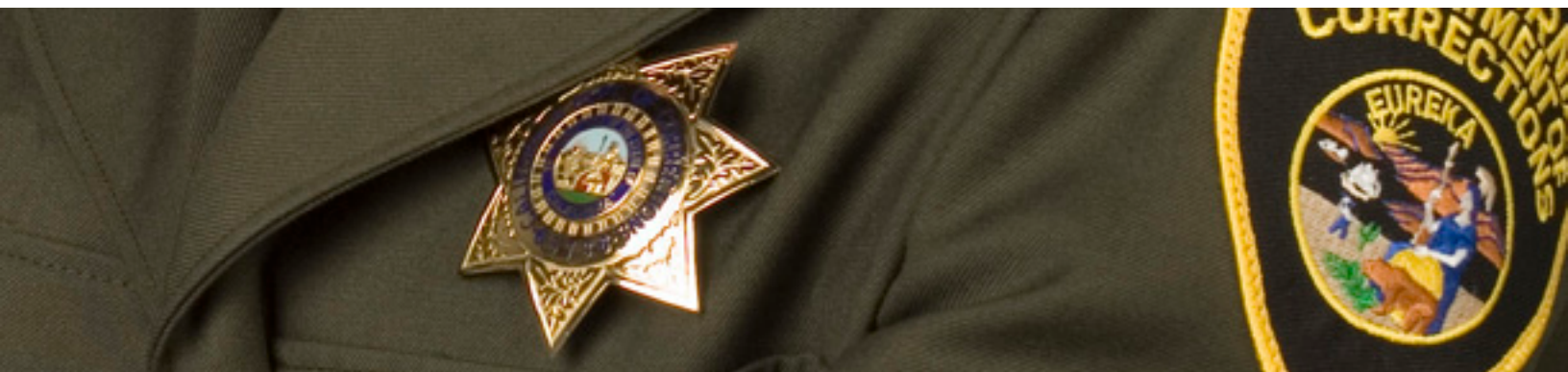
$$\frac{\text{_____}}{(\text{HR max})} - \frac{\text{_____}}{(\text{HR rest})} = \frac{\text{_____}}{(\text{Heart Rate Reserve})}$$

Your Target Heart Rate Range is between:

$$\frac{\text{_____}}{(\text{Heart Range Reserve})} \times .60 = \text{_____} + 60 = \text{_____} \text{ bpm}$$

and

$$\frac{\text{_____}}{(\text{Heart Range Reserve})} \times .80 = \text{_____} + 60 = \text{_____} \text{ bpm}$$



Pride. Integrity. Strength. Honor. Compassion.

Cardiovascular Fitness

Cardiovascular fitness is essential in maintaining a healthy and productive lifestyle as well as passing the PAT. It can be achieved through an aerobic exercise program. An aerobic exercise is an activity that requires the use of oxygen (e.g. bicycling, running, swimming, stair stepping, or rowing). During aerobic exercise, the heart, lungs and blood vessels are able to provide the working muscles with an adequate supply of oxygen. Embarking on a systematic program of aerobic exercise will help improve the vital organs of the body. Not only will the body be able to meet the demands of vigorous exercise, but the body will also be able to handle the demands of ever day stress and activity with much greater ease. Any type of aerobic activity that is maintained continuously for a minimum of 20 minutes and is done 4 to 5 times per week will improve cardiovascular fitness and endurance.



FACT:

With more than 56,000 Peace Officers, CDCR is the largest law enforcement agency in the country.

Please visit our web site at www.joincdcr.com for additional information on the CDCR and Peace Officer positions.

You may also call our TOLL-FREE telephone number,
1-866-232-JOBS (5627), to speak with our Customer Service Staff.
Information regarding the status of your application will be available
approximately three weeks after submission.

Information regarding additional employment opportunities is available at the following:

1-888-232-4584	Health Care opportunities with the CDCR
1-916-322-2694	General employment opportunities with the CDCR

www.spb.ca.gov
For information about other jobs with the State Of California



1-866-232-JOBS